

# Your AI-Generated Schedule

## ## Abiodun Marquis' Fall 2025 Schedule: School & Soccer Training

This schedule incorporates Abiodun's Fall 2025 class timetable and adds a soccer training regimen, including daily ball work sessions (except Tuesday). Adjust durations as needed to fit Abiodun's energy levels and recovery needs.

### \*\*Monday\*\*

| Time              | Task  | Duration | Notes                                     |
|-------------------|---|----------|---|
| 3:00 PM - 3:30 PM | Travel to Training Facility                 | 30 mins  |   |
| 3:30 PM - 4:00 PM | Ball Work Session: Dribbling, Passing, etc. | 30 mins  | Focus on technique & skill development    |
| 4:00 PM - 4:30 PM | Ball Work Session: Shooting Practice        | 30 mins  | Accuracy and power shots                  |
| 4:30 PM - 5:00 PM | Ball Work Session: Free Play / Scrimmage    | 30 mins  | Game-like scenarios, apply skills learned |
| 5:00 PM - 5:30 PM | Travel Home                                 | 30 mins  |   |
| 5:30 PM - 6:00 PM | Dinner                                      | 30 mins  |   |
| 6:00 PM onwards   | Free Time / Homework                        | Variable |   |

### \*\*Tuesday\*\*

| Time              | Task  | Duration | Notes                       |
|-------------------|---|----------|-----------------------------|
| 3:00 PM - 3:30 PM | Travel to Gym                                   | 30 mins  |                             |
| 3:30 PM - 6:30 PM | Full-Body Gym Workout (see detailed plan above) | 3 hrs    | Focus on strength and power |
| 6:30 PM - 7:00 PM | Travel Home                                     | 30 mins  |                             |
| 7:00 PM onwards   | Free Time / Homework / Rest                     | Variable |                             |

**\*\*Wednesday\*\***

| Time              | Task   | Duration | Notes |
|-------------------|--|----------|-------|
| 3:00 PM - 3:30 PM | Travel to Training Facility  | 30 mins  |       |
| 3:30 PM - 4:00 PM | Ball Work Session: Heading Practice<br>Technique and power                         | 30 mins  |       |
| 4:00 PM - 4:30 PM | Ball Work Session: 1v1 Dribbling/Defending<br>Improve agility and defensive skills | 30 mins  |       |
| 4:30 PM - 5:00 PM | Ball Work Session: Set Pieces (Free Kicks, Corners)<br>Strategy and execution      | 30 mins  |       |
| 5:00 PM - 5:30 PM | Travel Home  | 30 mins  |       |
| 5:30 PM - 6:00 PM | Dinner   | 30 mins  |       |
| 6:00 PM onwards   | Free Time / Homework   | Variable |       |

**\*\*Thursday\*\***

| Time              | Task  | Duration | Notes |
|-------------------|---|----------|-------|
| 3:00 PM - 3:30 PM | Travel to Training Facility   | 30 mins  |       |
| 3:30 PM - 4:00 PM | Ball Work Session: Passing Accuracy Drills<br>and long passing practice | 30 mins  | Short |
| 4:00 PM - 4:30 PM | Ball Work Session: Throw-ins and Goal Kicks<br>Technique and accuracy   | 30 mins  |       |
| 4:30 PM - 5:00 PM | Ball Work Session: Small-sided Games<br>situation application           | 30 mins  | Game  |
| 5:00 PM - 5:30 PM | Travel Home   | 30 mins  |       |
| 5:30 PM - 6:00 PM | Dinner  | 30 mins  |       |
| 6:00 PM onwards   | Free Time / Homework  | Variable |       |

**\*\*Friday\*\***

| Time | Task | Duration | Notes |
|------|------|----------|-------|
|      |      |          |       |

|  |         |                               |  |
|--|---------|-------------------------------|--|
| -----  |         |                               |  |
| 3:00 PM - 3:30 PM   Travel to Training Facility                  |         | 30 mins                       |  |
| 3:30 PM - 4:00 PM   Ball Work Session: Juggling, Footwork Drills | 30 mins | Ball control, agility         |  |
| 4:00 PM - 4:30 PM   Ball Work Session: Volleys & Half-Volleys    | 30 mins | Technique and power           |  |
| 4:30 PM - 5:00 PM   Ball Work Session: Finishing Practice        | 30 mins | Different shooting techniques |  |
| 5:00 PM - 5:30 PM   Travel Home                                  | 30 mins |                               |  |
| 5:30 PM - 6:00 PM   Dinner                                       | 30 mins |                               |  |
| 6:00 PM onwards   Free Time / Homework                           |         | Variable                      |  |
|  |         |                               |  |

**\*\*Weekend:\*\*** Rest, recovery, and light activity as needed. Consider additional optional training sessions if desired and energy levels allow. Remember to prioritize sleep and nutrition for optimal recovery and performance.